



Council on Aging/Senior Center

127 Main Street, P.O. Box 212

Westminster, Massachusetts 01473

Phone: 978-874-7402 Fax: 978-874-0791

sfisher@westminster-ma.gov

COUNCIL ON AGING NEWSLETTER



JULY 2013

The Westminster Council on Aging and Senior Center would like to extend our sympathy to the families and friends of:

David W. Buteau, Sr.

Theresa Earle

Blood Pressure Clinic on July 3 from 11:00 to 12:00. All are welcome!

The Westminster Senior Center and Council on Aging will be closed on Thursday, July 4th, for the Independence Day holiday!



**KaBoom Bingo!! Sponsored by the Legends Center!
Monday, July 15th, at 1:00. Chance to win scratch tickets!**

COA BOARD Meeting on Tuesday, July 16th, at 1:00. All are welcome!!

“Friends of the Senior Center” looking for volunteers to join. The group meets every 3rd Thursday of the month at 6:30 at The St. Edward’s Church in Westminster. Come and see what it’s all about!!

Gentle Stretch Class! Continues through the Summer! Gentle Stretch Class for Seniors will continue throughout the summer upstairs in the Eloronta Room at the Forbush Library on Thursday mornings from 10:15 AM to



11:30 AM. The class includes exercises to strengthen, stretch and improve range of motion and ends in deep relaxation. Wear comfortable clothes and bring a mat and pillow. Instructor is: Diane Lyall Moore

July and August: Class meets on July 25 and all Thursdays in August!

UPCOMING EVENTS

Sheriff’s Annual Senior Picnic-Saturday, August 17th from 11:00-3:00 PM,
At The SAC Park, 348 Lake St. in Shrewsbury. Free lunch, raffles and bingo!

The Big E Wilson Bus Trip-Thursday, September 26th. The bus will be leaving from St. Edward’s Church in Westminster at 8:45 AM; departing from the Big E at 5:00 PM. Cost is \$2.00 for the driver’s gratuity. Sign up at the Senior Center or call 978-874-7402 to reserve.

Fun For All!!

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